

A Phenomenological Research to Assess the View Point of Undergraduates Regarding the Consumption of Favorite Snacks during University Examination

Dr. Jubin Varghese, Dr. Saniya Susan Issac

Associate Professor, Baba Educational Society and Nursing College, Lucknow, Uttar Pradesh, India

ABSTRACT

The present study has been conducted to know the view point of participant regarding the consumption of favorable snacks to reduce the stress level during examination in LN Nursing College Bhopal. In order to achieve the objectives phenomenological research design with qualitative approach was adopted. The sample size was 25. The method of data collection was open ended view point questions, result shows that the participant had favorable opinion regarding consumption of favorable snacks during university examination.

KEYWORDS: consumption of favorite snacks, Undergraduates, university examination

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INTRODUCTION

University examination was faced by all the under graduates in their life, and during the examination most of them feel fatigue and hungry due to overnight waking and Lack of proper diet due to exam preparation. In such circumstances directly or indirectly they feel stress regarding examination irrespective of age, sex, religion and cultural pattern. In such condition what may be their view point regarding consumption of favorite snacks either they had favorable view point or unfavorable view point researcher want to find out so constructed the problem statement and objective and conducted the study.

Julieta G et al in their article titled a mindfulness-based intervention to increase resilience to stress in university students a pragmatic randomized controlled trial revealed that there is a urgent need for some kind of intervention to reduce stress among college students during the time of examination.

Problem statement:-

A study to assess the view point of undergraduate regarding consumption of favorite snacks during the time of university examination.

Objectives:-

To know the view point of undergraduate regarding consumption of favorite snacks during the time of examination.

Material and method

Research approach:-

Qualitative research

Research design:-

Phenomenological research

Location and duration of study:-

The study was conducted in LN nursing college Bhopal, the study was conducted for 1 week during Pre university examination.

The data collection period was 13.08.2018 to 18.08.2018.

Sample:-

The present study was conducted among 25 participants from B.sc. nursing IIIrd year of LN nursing college Bhopal

Sampling technique:-

Non-probability convenient sampling technique was found appropriate for the present study.

Sampling criteria:-

Who are willing to participate.

Who attended the Bsc nursing IIIrd year pre university examination

Data collection technique and instrument

The instrument used for this study was open ended view point questionnaire

Description of the tool:-

The open ended view point questionnaire has two parts

Part A base line characteristics

It consist of 4 question such as age in year, sex, religious status, marital status.

Part B contain open ended view point questionnaire to know the view point of participant regarding consumption of favorite snacks during university examination. It consist of 3 questions.

Ethical consideration:-

The researcher took permission from the principal of LN nursing college and then taken consent from the participants prior to the collection of data.

Data collection process:-

The researcher obtained permission from the 25 participant prior to conduct the study. The data collection period extended from 13.08.2018 to 18.08.2018. The purpose of the study was explained them and confidentiality was assured to all the participants. The respondent selected by convenient sampling technique.

Results:-

Organization of the study findings

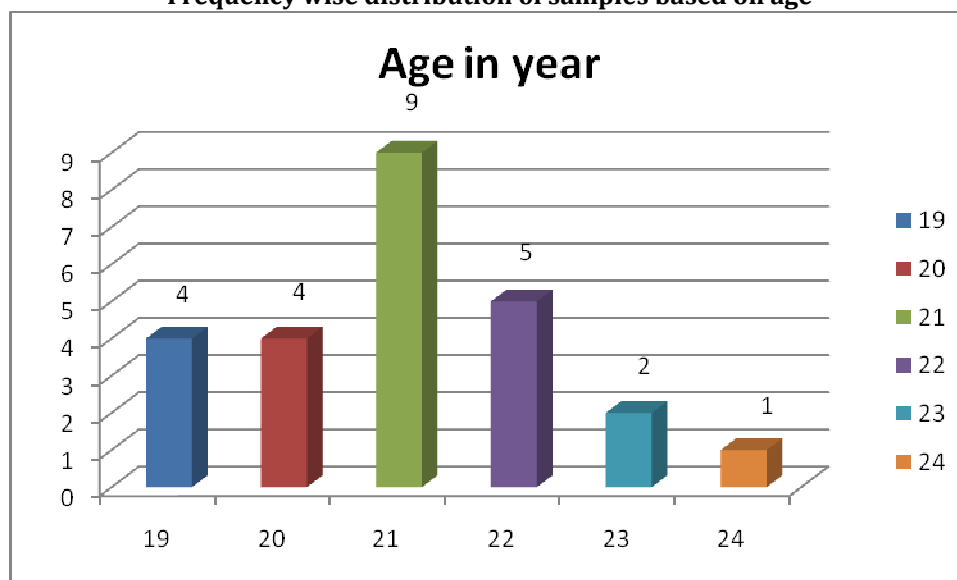
The data is analyzed and presented under following headings:-

Section 1:- Description of baseline characteristics of participants

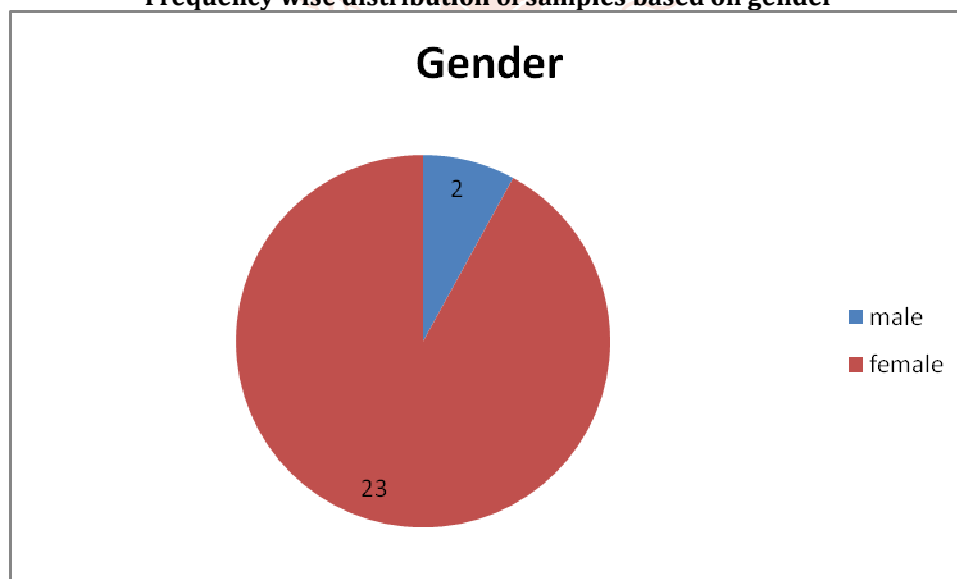
Section2:- The view point of participant regarding consumption of favorite snacks during University examination.

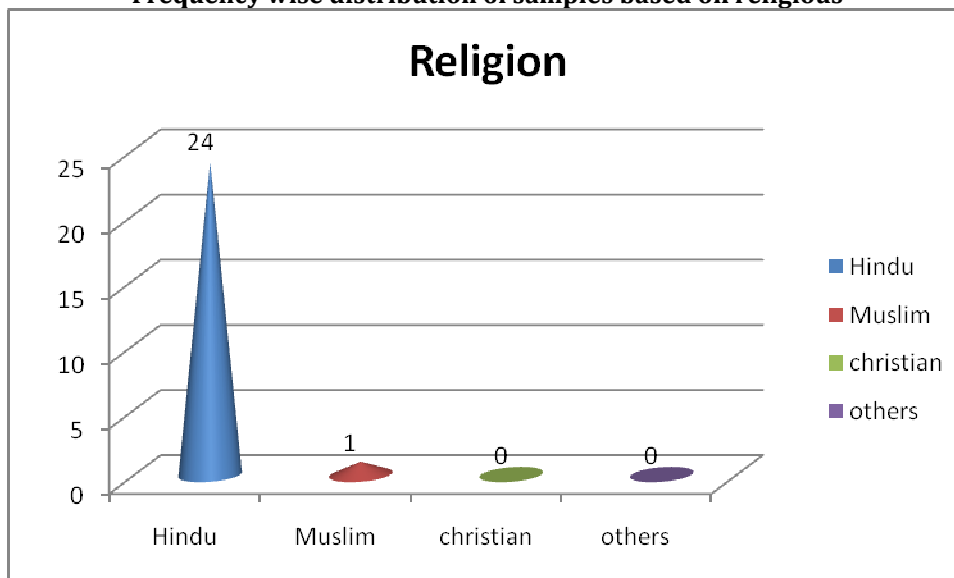
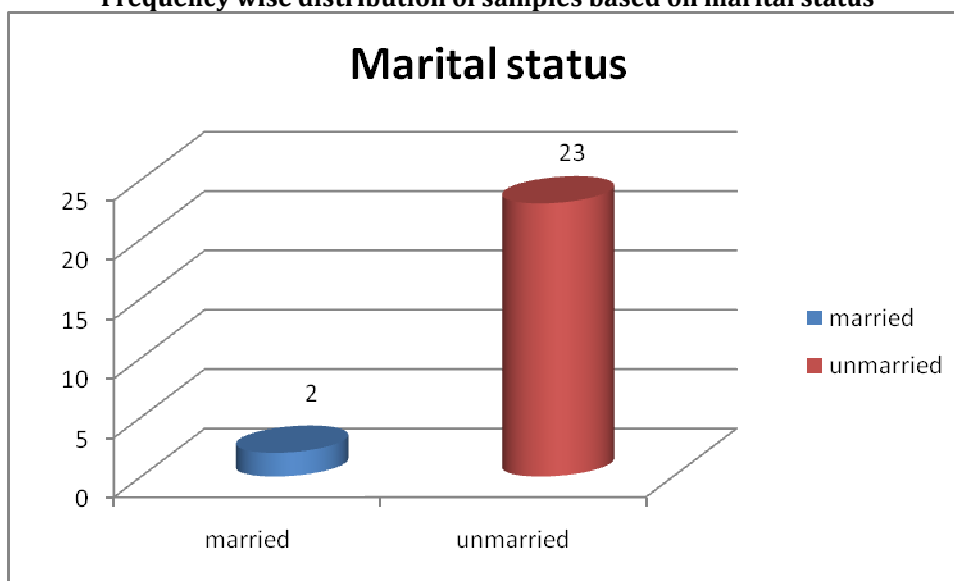
Section 1:- Description of baseline characteristics of participants

Frequency wise distribution of samples based on age



Frequency wise distribution of samples based on gender



Frequency wise distribution of samples based on religious

Frequency wise distribution of samples based on marital status


Section B:- The view point of participant regarding the consumption of favorite snacks during University examination.

The themes formulated for the data collection are:-

What is your view point regarding consumption of favorite snacks during University examination?

Most of the participant had favorable view point regarding consumption of favorite snacks during University examination they mention that, it provide freshness, increase interest to attempt the questions even when they feel difficult to attempt it, reduce the exam induced tension, feel energetic, it helps to reduce the stress, it reduce laziness during the examination, it reduce the overnight strain, some participant respond that first time someone thing from the side of the students, they mention that such process should be include in all the university examination. First time they got such an environment during the time of examination which reduces their concentration to write the exam, but they prefer to get such treatment during the time of examination.

Did your favorite snacks help to reduce exam induced tension?

Most of the respondent replied yes, it make their mood fresh, during examination they are always tensed and such

methods help to reduce it, it increase their motivation to attempt the examination, it divert their mind from examination for sometimes but help to motivate them to write the exam. They also mention that the main problem they face during examination was feeling hungry and this method help to reduce and it helps to perform more better than the traditional method of examination.

What is your view regarding continuation of such method during University examination?

Samples replied that it is a good method and it helps examinee so it is needful and should follow in all the examination. University should adopt such policies to make examination more favorable to students, it help to reduce tension. Such protocol helps students to perform more better than traditional method of not allow to take any kind of snacks items during the time of examination, it reduce overnight strain and hunger of the body and it enhance thinking level, it increase body and mind freshness.

Discussion

Baseline characteristics of undergraduate reveal that majority of participant are at the age of 21 year (36%), female 23 (92%), Hindus 24 (96) and unmarried 23 (92%).

The view point of undergraduate regarding consumption of favorite snacks during the time of examination reveal that

most of them prefer to follow the protocol from the side of university to distribute their favorite snacks during the time of examination, they view that it reduce their tensions, anxiety, overnight stress of examination and it motivate them to write the examination, and they think that this method should be added to all the university examination which help student to perform better than earlier.

Conclusion:-

The result shows that the undergraduate had a favorable view to add protocol in university examination which distributes favorite snacks during the time of performing university examination.

Implication of the study

The finding of the study has several implications such as

1. The view point of undergraduate shows that they had favorable view point regarding consumption of snacks during examination so add such protocol during University examination.
2. Such studies should be applied in all the examination especially challenging examination to prevent undergraduate to become exhaust.

Limitation of research

1. Study sample was limited to 25
2. Study cannot be generalizable
3. Study duration was only 1 week
4. Limited open ended questions only asked

Recommendations:-

The following recommendations have been made for further study on the basis of study findings

1. A similar study can be undertaken in the form of quantitative research to find out the numerical value and effect of such protocol
2. Study conduct with experimental and control group to find the broad effectiveness of study on its effect on examination results.
3. Such protocol should be added to university examination so that student can get favor during the time of examination.

Reference:-

- [1] Julieta G, Géraldine D, Maris V, Adam P W, Jan S, Alice B, Neal L, Emma H, Peter B, PMID: 29422189 PMCID: PMC5813792 DOI: 10.1016/S2468-2667(17)30231-1

